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Honey Fruit Tea Bread ♦♦

Honey Fruit Tea Bread

This delicious bread is infused with the flavors of honey and fruit tea. It is perfect for breakfast or as a snack. The bread is soft and moist, with a hint of sweetness from the honey. It can be enjoyed on its own or with butter or jam.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

| | |
|-------|-----------|
| 300 g | Bread |
| 50 g | Honey |
| 10 g | fruit tea |
| 5 g | Salt |

Directions

Step 1

Preheating

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the bread, honey, fruit tea, salt, and water.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

Transfer the mixture to a greased loaf pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 60 mins

Step 5

Cooling

Remove from the oven and let cool before slicing.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 50 g | 90.91% | 100% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 20 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------------|------|--------|-------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 200 mg | 8.7% | 8.7% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 100 mg | 2.94% | 3.85% |
| Zinc | 0 mg | 0% | 0% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Dinner

Dessert

Beverage

Course

Breads

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